




AUGUST 2012 – GROUP EXERCISE CLASSES

SALT RIVER FITNESS CENTER

Hours: 6:00am-7:30pm (Monday-Thursday) & 6:00am-6:30pm (Friday)

Lehi Fitness Center: Tuesday and Thursday 5:30pm-7:30pm

QUESTIONS: FITNESS STAFF 480-362-7320 OR DIABETES MANAGER 480-362-7342

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>11:30AM-11:50AM</u> 20 minute Abs w/Michelle <u>12:05PM-12:50PM</u> Spinning® w/Michelle <u>5:30PM-6:30PM</u> Zumba® w/Rachel	2 <u>9:30AM-10:00AM</u> NO CLASS <u>11:05AM-11:50AM</u> Yoga Stretch w/Rachel <u>12:05PM-12:50PM</u> Zumba® w/Robin <u>5:30PM-6:30PM</u> Dynamic STEP w/Jason	3 <u>11:05AM-11:50AM</u> NO CLASS <u>12:05PM-12:50PM</u> Spinning® w/Michelle <u>5:30PM-6:15PM</u> Zumba® <i>Basic</i> & Sculpt w/Rachel	4 
6 <u>11:05AM-11:50AM</u> Yoga Stretch w/Rachel <u>12:05PM-12:50PM</u> Capoeira w/Clifford <u>5:30PM-6:30PM</u> Lo Cardio & Sculpt w/Jason <u>6:30PM-7:30PM</u> Senior Dance 55+ w/Roberta J.	7 <u>9:30AM-10:00AM</u> YS EEP - Mousercise <u>11:05AM-11:50AM</u> NO CLASS <u>12:05PM-12:50PM</u> Total Body Conditioning w/Dion <u>5:30PM-6:30PM</u> Spinning® w/Michelle <u>6:30PM-7:15PM</u> Boxing w/Nevelle	8 <u>11:30AM-11:50AM</u> 20 minute Abs w/Michelle <u>12:05PM-12:50PM</u> Spinning® w/Michelle <u>5:30PM-6:30PM</u> Zumba® w/Rachel <u>6:00PM-7:00PM</u> Water Aerobics w/Jason <i>at Salt River Pool</i>	9 <u>9:30AM-10:00AM</u> YS EEP - Mousercise <u>11:05AM-11:50AM</u> Yoga Stretch w/Rachel <u>12:05PM-12:50PM</u> Zumba® w/Rachel <u>5:30PM-6:30PM</u> Dynamic STEP w/Jason	10 <u>11:05AM-11:50AM</u> Capoeira w/Clifford <u>12:05PM-12:50PM</u> Spinning® w/Michelle <u>5:30PM-6:15PM</u> Zumba® <i>Basic</i> & Sculpt w/Rachel	11 <u>12:00PM-1:00PM</u> Water Aerobics w/Jason <i>at Lehi Pool</i>
13 <u>11:05AM-11:50AM</u> Yoga Stretch w/Rachel <u>12:05PM-12:50PM</u> Capoeira w/Clifford <u>5:30PM-6:30PM</u> Lo Cardio & Sculpt w/Jason <u>6:30PM-7:30PM</u> Senior Dance 55+ w/Roberta J.	14 <u>9:30AM-10:00AM</u> YS EEP - Mousercise <u>11:05AM-11:50AM</u> Step Aerobics w/Rachel <u>12:05PM-12:50PM</u> Total Body Conditioning w/Dion <u>5:30PM-6:30PM</u> Spinning® w/Michelle <u>6:30PM-7:15PM</u> Boxing w/Nevelle	15 <u>11:30AM-11:50AM</u> 20 minute Abs w/Michelle <u>12:05PM-12:50PM</u> Spinning® w/Michelle <u>5:30PM-6:30PM</u> Zumba® w/Rachel <u>6:00PM-7:00PM</u> Water Aerobics w/Jason <i>at Salt River Pool</i>	16 <u>9:30AM-10:00AM</u> YS EEP - Mousercise <u>11:05AM-11:50AM</u> Yoga Stretch w/Rachel <u>12:05PM-12:50PM</u> Zumba® w/Robin <u>5:30PM-6:30PM</u> Dynamic STEP w/Jason	17 <u>10:00a-12:00p</u> Fitness Center CLOSED *Health Service Mandatory Monthly Staff Meeting* <u>12:05PM-12:50PM</u> Spinning® w/Michelle <u>5:30PM-6:15PM</u> Zumba® <i>Basic</i> & Sculpt w/Rachel	18 <u>12:00PM-1:00PM</u> Water Aerobics w/Rachel <i>at Lehi Pool</i>
20 <u>11:05AM-11:50AM</u> Yoga Stretch w/Rachel <u>12:05PM-12:50PM</u> Capoeira w/Clifford <u>5:30PM-6:30PM</u> Lo-Impact w/Rachel <u>6:30PM-7:30PM</u> Senior Dance 55+ w/Roberta J.	21 <u>9:30AM-10:00AM</u> YS EEP - Mousercise <u>11:05AM-11:50AM</u> Step Aerobics w/Rachel <u>12:05PM-12:50PM</u> Total Body Conditioning w/Dion <u>5:30PM-6:30PM</u> Spinning® w/Michelle <u>6:30PM-7:15PM</u> Boxing w/Nevelle	22 <u>11:30AM-11:50AM</u> 20 minute Abs w/Michelle <u>12:05PM-12:50PM</u> Spinning® w/Michelle <u>5:30PM-6:30PM</u> Boot Camp Circuit w/Michelle <u>6:00PM-7:00PM</u> Water Aerobics w/Rachel <i>at Salt River Pool</i>	23 <u>9:30AM-10:00AM</u> YS EEP - Mousercise <u>11:05AM-11:50AM</u> Yoga Stretch w/Rachel <u>12:05PM-12:50PM</u> Zumba® w/Robin <u>5:30PM-6:30PM</u> Dynamic STEP w/Jason	24 <u>11:05AM-11:50AM</u> Capoeira w/Clifford <u>12:05PM-12:50PM</u> Spinning® w/Michelle <u>5:30PM-6:15PM</u> Zumba® <i>Basic</i> & Sculpt w/Rachel	25 <u>12:00PM-1:00PM</u> Water Aerobics w/Jason <i>at Lehi Pool</i>
27 <u>11:05AM-11:50AM</u> Yoga Stretch w/Rachel <u>12:05PM-12:50PM</u> Capoeira w/Clifford <u>5:30PM-6:30PM</u> Lo-Impact w/Rachel <u>6:30PM-7:30PM</u> Senior Dance 55+ w/Roberta J.	28 <u>9:30AM-10:00AM</u> YS EEP - Mousercise <u>11:05AM-11:50AM</u> Step Aerobics w/Rachel <u>12:05PM-12:50PM</u> Cardio Kickboxing w/Rachel <u>5:30PM-6:30PM</u> Spinning® w/Michelle <u>6:30PM-7:15PM</u> Boxing w/Nevelle	29 <u>11:30AM-11:50AM</u> NO CLASS <u>12:05PM-12:50PM</u> Dynamic STEP w/Jason <u>5:30PM-6:30PM</u> Zumba® w/Rachel	30 <u>9:30AM-10:00AM</u> YS EEP - Mousercise <u>11:05AM-11:50AM</u> Yoga Stretch w/Rachel <u>12:05PM-12:50PM</u> Zumba® w/Robin <u>5:30PM-6:30PM</u> NO CLASS	31 <u>11:05AM-11:50AM</u> Capoeira w/Clifford <u>12:05PM-12:50PM</u> Spinning® w/Michelle <u>5:30PM-6:15PM</u> Zumba® <i>Basic</i> & Sculpt w/Rachel	

Classes may be canceled or substituted by another instructor or format of class may be changed should the original instructor out for some reason. [I.e. leave, illness, training, etc.]Fitness Centers will be closed during all Tribal designated holidays, mandatory staff meetings, shortage of staff and special community events. Signs and email notifications maybe posted prior to future cancelations or closures, if time permits.

SRPMIC Diabetes Program Fitness Centers are open to SRPMIC Community Members & their families, Community Residents, SRPMIC Government Employees, Gaming Enterprises Employees, Talking Stick Golf, Saddleback, SRMG, DEVCO, SRFSI, SR Landfill, and Salt River Fields. *All individual subject to proof of enrollment, residency, employment or affiliation.

Remember to bring a workout towel and water bottle with you.
Most of all enjoy yourself during your workout!



CLASS DESCRIPTIONS:

20-minute Abs: This 20-minute workout focuses on strengthening your abs. Stop doing crunches on your own. This abs class uses various stations and/or equipment to make abdominal work fun again.

Boot Camp Circuit: A circuit style class cycling through cardio, lower body emphasis, emphasizing upper body and core exercises.

Boxing: Please bring in your own boxing gloves and hand wraps. In this class the instructor will guide you through proper punching techniques and sparing with other participants in class for a more effective workout. Class will start with a self motivated warm up of skipping rope, shadow boxing and stretching plus other variety moves. Please be prepared workout hard.

Capoeira: Get in shape, meet new friends, and do things you never thought you could do before! You will leave with a basic understanding of proper technique for the fundamental Capoeira movements: ginga, au`, kicks, cartwheel, escapes, punches and blocks. *Created as a way to resist their enslavement in Brazil during the 1800s and practiced secretly for years, Capoeira has finally found a place in the world of martial arts. Consisting of a dance-like fight, the martial art was designed to appear like a game. Practitioners stand in a "Roda" or circle and take turns battling in the center. Once illegal in Brazil, Capoeira is now practiced in every state and in most countries across the globe.*

Cardio Kickboxing: Cardio kickboxing is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power.

Cardio Mix: This class is a mix of variety of cardio classes, such as, Hi/Lo, Step Aerobics, Cardio Kickboxing, Zumba or Circuit Training. This class will add variety to your workout that will be fun and filled with high energy. Bring your energy and MOVE!

Dynamic Step: A cardio workout where participants use a 6 - 8 inch step for a total body workout. Basic to intermediate choreography on and off the step. Great for all fitness levels. Instructor will breakdown the moves and routine. Step is a great cardio and leg strengthening workout. You don't have to us a step just follow the move on the floor.



Lo Cardio & Sculpt: Looking for a low impact class that will burn the fat and sculpt your muscles? This class is for you to start of the week. This class is great class to join. The instructor will take you through a 10 minute warm up followed by a 30-40 minute cardio and weight training workout (you choose your dumbbell weight) for a total body workout. ALL FITNESS LEVELS WELCOME!

Lo-Impact - Designed to get your body moving! Continuous movement and energetic music are combined to keep you working aerobically. At least one foot is in contact with the floor at all times, minimizing the amount of stress placed on the joints. Cardio word out will be followed by light resistance and weight training.

Spinning®: Indoor cycling class. This class is set on a stationary bike where the instructor will guide you through ride through flats, hills and incorporate movement of runs, sprint and jumps. Instructor will instruct you through the class. Bike adjustments for hills and other moves will be instructed. If you are new to class please come 5 minutes early so you can set up your bike. LIMITED TO 6 PARTICIPANTS.

SENIOR DANCE CLASS 55+: Move and groove to the oldies, country and contemporize music set in a line dancing format.

Step Aerobics: Get your groove on and burn some calories! A 32 count friendly choreography basic moves, such as, basic step, v-steps, step touch and etc. strung together into a sequence. More advanced move such as turns, mambo's, and stomps may be use. These elements are put together into 2-3 routines in each class. Regardless of the complexity of the choreography, the instructor will offer various options for different levels of intensity/dance ability while teaching the routines. Use a 6 - 8 inch step for a total body workout.

Total Body Conditioning (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! It a moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used.

Water Aerobics: Think water aerobics isn't a fitness challenge? THINK AGAIN! With simple water dumbbells and the resistance of the water this hour-packed workout is sure to leave you feeling refreshed and energized. Enhance your workout and step up to the challenge with WATER! *(No swimming experience required. Head is never submerged; t-shirts and gym shorts may be worn over suit. Class cancelled when raining.)* **MUST BE 15 YRS & OLDER TO PARTICIPATE.**

Yoga Stretch: Stretch, strengthen, breathe and relax with this slowly paced sequence that begins with plenty of warm-up movement and offers posture variations for different fitness and experience levels. All levels welcome.

YS EEP Mousercise: Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games to workout on motor skill and aerobic conditioning.

Zumba®: Join the party! Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required!

Zumba® (Basic) & Sculpt: Same format as Zumba in which the instructor will focus on basic choreography moves but basic moves for 30 minutes instead of 40 minute plus. Followed up by light to moderate weight/resistance training to sculpt your upper body, abdominals, and lower body.

